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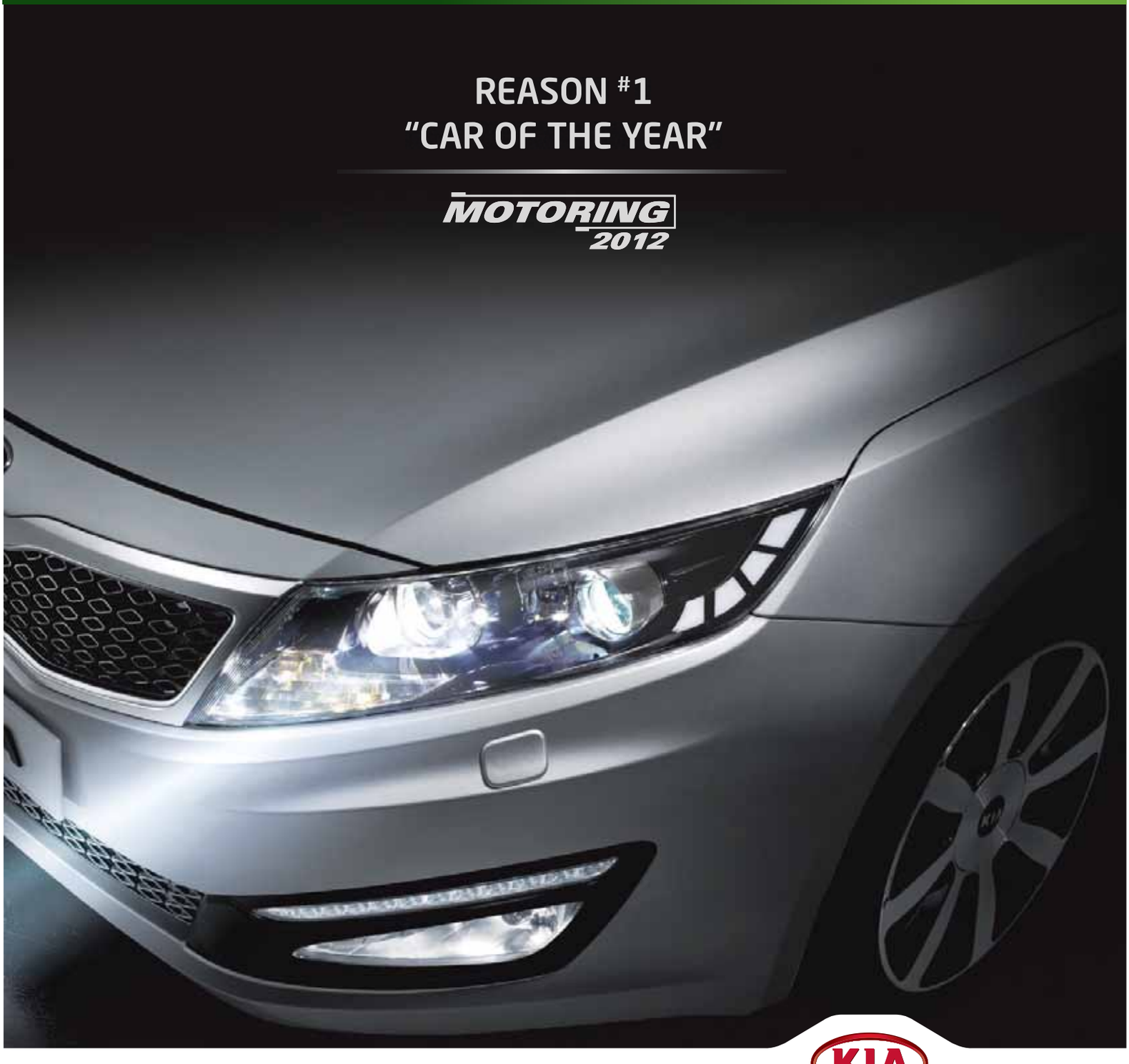

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Break out the greens

Spring calls for a classic Greek salad with fresh ingredients PAGE 20

MIRACLE IN MYANMAR

MASS ELATION AS DEMOCRACY ACTIVIST AUNG SAN SUU KYI WINS SEAT IN HISTORIC VOTE PAGE 8

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Real cheers from a regular housewife

ONE FOR THE ROAD

Christina Kiesel, one of the five stars of the Real Housewives of Vancouver, poses for a photograph during an interview at the Loden Hotel in Vancouver. The reality TV series premieres April 4 on Slice. Story, page 17. PHYLICIA TORREVILLAS/METRO

B.C. takes on Earth Hour

91 B.C. cities turned out the equivalent of nine million light bulbs Saturday night PAGE 3

No April Fool's gag

Vancouverites will see growth in gas tax and hydro rates this April PAGE 4

What's in a baby name?

Quite a lot, especially if you're regretting that spell-check-challenging moniker you thought was so cute. But there is hope PAGE 19

Feist the jewel of the Junos

Toronto-based singer-songwriter snatches up awards for artist of the year, adult alternative album of the year and music DVD of the year PAGE 15

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Vancouverites put energy into conservation effort

Earth Hour. Energy consumption in city drops 2.1 per cent during international initiative

DANIEL PALMER
vancouver@metronews.ca

Vancouver dimmed its skyline Saturday night in recognition of Earth Hour, promoting decreased energy consumption on the eve of rising hydro rates.

Vancouver improved its reduction in electricity consumption another half-percentage point to 2.1 per cent this year with help from the Vancouver Canucks during Saturday's home game against Calgary.

"For the first time, we had the NHL pledged to celebrate Earth Hour. The LED lights were turned off outside Rogers Arena during the game," said Jo Anne Walton, World Wildlife Fund spokeswoman.

British Columbians turned off the equivalent of nine-million light bulbs during Earth Hour with 91 cities and towns participating across the province. Revelstoke took top spot, with a 12.1 per cent reduction in consumption. Second-place Pemberton achieved a 6.8 per cent decrease.

The event helps illustrate how individuals can impact global issues, said Jennifer Young, BC Hydro spokeswoman.

"The idea is to teach people how easy it is to conserve electricity, and by taking those small steps you can effect change," Young said.

The Earth Hour campaign began in 2007 in Australia and is organized by the WWF with provincial support from BC Hydro.

The movement has since spread to more than 500 Canadian cities and 150 countries worldwide, said Walton.

"It's a time when we ask people to really take stock of the status of the planet. It's a time to pledge to make changes in your own life that go beyond the hour," she said.

The WWF encourages year-round electricity reduction by allowing participants to pledge online and to track their progress by uploading photos, videos and posting success stories.

Earth Hour results

- **Revelstoke.** Down 12.1%
- **Pemberton.** 6.8%
- **Whistler.** 5.6%
- **Prince George.** 4%
- **Kamloops.** 3.6%
- **West Vancouver.** 3.3%
- **Richmond.** 2.5%
- **Pitt Meadows.** 2.4%
- **Vancouver.** 2.1%
- **Burnaby.** 2%
- **Victoria.** 1.6%

Canada Place and the Harbour Centre tower are pictured just before, top, and during Earth Hour, bottom, in Vancouver on Saturday. People around the world were turning off their lights for an hour Saturday night to reduce energy consumption and bring awareness to climate change. DARRYL DYCK/THE CANADIAN PRESS

DTES. Pathways jobs centre closes its doors

After nine years of finding work for Downtown Eastside residents, a specialized employment centre was forced to close its doors on March 30 due to budget cuts.

The provincial government has ceased funding for Pathways Information Centre at Main and Hastings after the decision was made to open and provide for a provincial employment centre on West Hastings.

"We've been struggling for six months ... but there's a lot of demand out there for the foundation or donation money. We don't think that we're going to be able to find sufficient funds to make our project work," said Ross Gentleman of Pathways.

Gentleman believes the new centre won't be able to meet the needs of the 3,000 DTES residents Pathways helps out every year.

"The kind of services that we offer at Pathways are very particular to a low-income neighbourhood," he said. "The neighbourhood has a high concentration of people who are poor, disabled and in transition. They need more support than a conventional employment centre.

"The WorkBC centre is funded on a performance payment method, so that people who require a lot of services are not going to get the help they need."

However, Gentleman anticipates the government will realize its mistake within the next few months.

KYLA JONAS/FOR METRO

RCMP

Body discovered in Surrey

A man's body was discovered early Sunday morning behind a fast-food restaurant at King George Boulevard and 105A Avenue in Surrey. The man is known to police and in his early 40s, according to information released by Surrey RCMP. A cause of death has not yet been confirmed but police are canvassing the area.

The body was discovered a block away from where a 27-year-old Surrey man was shot in the abdomen on Thursday evening.

The victim in that case is not co-operating with police. METRO

Alaska

Coast guard awaits tsunami ghost ship

The coast guard in Alaska is preparing for a 54-metre ghost ship drifting aimlessly in the Pacific Ocean to float into U.S. waters.

The unmanned fishing vessel is at the forefront of tons of debris floating across the Pacific from last year's massive tsunami in Japan.

A U.S. Coast Guard cutter will head out this week to assess the safety of the vessel, the potential hazards on board and to determine if it should be sunk or towed in for salvage. THE CANADIAN PRESS

Sting operation

Undercover cops catch alleged Craigslist crook

A North Vancouver youth has been arrested after allegedly stealing a $1,200 camera and selling it on Craigslist to an undercover police officer.

The events began on March 17 when a 16-year-old male was robbed by two men while walking home. Several days later, the victim notified North Vancouver RCMP that his Nikon D90 had been posted on Craigslist, prompting police to set up a sting operation.

A 17-year-old male was arrested on March 27 after allegedly selling the camera to the officer. METRO

1 NEWS

On the web

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Mobile news

Provocative new research might help explain why black women are more likely than white women to develop and die from cervical cancer. Scan the code for the story.

Canucks use walk to pledge support for autistic kids

Community support. Walk and family festival in downtown Vancouver marks World Autism Awareness Day

PHYLICIA TORREVILLAS
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Thor Egli, 13, was hopping from booth to booth during the Canucks Autism Network family festival Sunday, happily chatting with everyone he saw.

His uncle, Clayton Shiminsky, said the teenager — who has autism — looks forward to going to the festival and participating in the autism-awareness walk because he gets to meet a lot of people.

"He doesn't make friends well, so this is good for his involvement, getting out there and being part of the community," Shiminsky said, adding that this event helps people become aware of the disorder and how to deal with it properly.

Shiminsky said his nephew has some very special skills including being a walking GPS and Canucks encyclopedia.

"He's really good on the computer and he's got the whole city memorized," he said. "I don't need a map or a GPS. It could be pitch black out, we could be anywhere in the city, and he knows which bus, where it should be, no problem.

"He also knows everything about the Canucks for the last 20 years. He's memorized all of it."

Vancouver Canucks co-owner Paolo Aquilini, whose son Christian was diagnosed with autism in 1996, said he's seen families live in shame because they can't bring their children out into the community.

"Children with autism should enjoy a full and decent life," said Aquilini, Canucks Autism Network (CAN) founder and president of the Canucks for Kids Fund.

"They should be ensured dignity … and full-equality human rights and fundamental freedom that all children have."

Canucks general manager Mike Gillis also presented CAN with a cheque for $1.3 million from the Canucks for Kids Fund.

More than 500 children and families came out for the walk and festival activities, including a special lighting of the Olympic cauldron in celebration of World Autism Awareness Day.

More than 500 people gathered Sunday for the Canucks Autism Network's autism-awareness walk and family festival. The Olympic cauldron was also lit in celebration of World Autism Awareness Day. PHYLICIA TORREVILLAS/METRO

Cost of living no April Fool's joke: Opposition

Driving in Vancouver has suddenly become a more expensive proposition. JEFF HODSON/METRO FILE

British Columbians will be rolling the last of their pennies to find the funds for sweeping April price hikes.

Opposition critics are whaling on the provincial government as the new month heralds the new two-cent-per-litre gas tax in Metro Vancouver on top of other cost increases.

Hydro rates are increasing by more than seven per cent, almost $6 a month for an average residential customer.

Ferry fares have also risen by more than four per cent. For example, a round trip from Tsawwassen to Victoria will now cost a lone driver $5.20 more.

NDP finance critic Bruce Ralston is warning there's even more to come with the HST remaining in place for another year and Medical Service Premiums set to jump four per cent on Jan. 1, 2013. This will be an 85 per cent increase from what families were paying in 2001.

"If you look at the MSP and the HST, you'll see that (the Liberals) rely on those kind of fees to pay for an increasing portion of the provincial budget," said Ralston.

Students are especially suffering with tuition set to increase another two per cent in September, effectively doubling the cost of post-secondary schooling since 2001.

"The argument is that some won't notice the increase … but it's more about the cumulative effect," said Ralston. "It adds up over the years and becomes an increasingly big part of family budgets and that becomes hard to manage."

KYLA JONAS/FOR METRO

June tournament

B.C. hosting world's top wheelchair-rugby players

The B.C. government is giving out $75,000 to the B.C. Wheelchair Sports Association as it prepares to host the world's top wheelchair-rugby players in June.

The top eight teams in the world will be competing at the 2012 Canada Cup Wheelchair Rugby Tournament, which will take place at the Richmond Olympic Oval from June 21 to 23.

It will be the final stop for the teams before they meet at the 2012 Paralympics in London.

PHYLICIA TORREVILLAS/METRO

Crash killed 2 sons

Nanaimo mother acquitted of drunk driving charges

A judge has acquitted a B.C. woman charged with drunk driving in a crash that killed her two sons near Nanaimo in 2008. Clare Bekkers' two daughters were also injured. THE CANADIAN PRESS

Court order

Anesthesiologists barred from service withdrawal

The B.C. government has won a temporary injunction against anesthesiologists, preventing them from withdrawing services in a contract dispute with the province.

The B.C. Anesthesiologists' Society had threatened its members would begin walking out next week as they battle the government and the B.C. Medical Association over funding and the manner in which their services are used.

But the B.C. Supreme Court has ruled the doctors can't withdraw services until at least April 20, when a judge considers a request from B.C. health authorities for a permanent injunction.

THE CANADIAN PRESS

Van rollover

Alcohol possible factor in fatal crash: Police

Police in Williams Lake say alcohol may have been a factor in a crash that killed one person, who was pronounced dead at the scene, and seriously injured another. THE CANADIAN PRESS

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Thrilla on the Hilla goes to Liberals in three rounds

Conservative Senator Patrick Brazeau, left, and Liberal MP Justin Trudeau fight in a charity boxing match for cancer research Saturday in Ottawa. Trudeau won, stopping Brazeau in the third round. Former Liberal prime minister Pierre Trudeau, Justin's father, died of prostate cancer, while Brazeau's mother died of lung cancer. FRED CHARTRAND/THE CANADIAN PRESS

Potato farmer home from Lebanese jail

Seeking extradition. N.B. man's lawyers, family expressed concerns about his deteriorating health

After more than a year in a Lebanese jail, Henk Tepper is finally home.

"I'm happy to be home," the New Brunswick potato farmer told a throng of reporters as he left the customs area at the Ottawa airport Saturday.

Tepper, who is in his mid-40s and from Drummond, N.B., has been in custody in Beirut since March 23 of last year.

He was picked up on an international arrest warrant on allegations he exported rotten potatoes to Algeria in 2007 and forged export documents.

A source close to Tepper says an Interpol red notice issued by Algeria remains in effect and the notice says he could face up to five years in prison if convicted of the allegations.

Tepper's lawyers have denied all of the allegations, saying the potatoes were inspected in Canada before shipment and met Algerian standards.

Algeria also alleges that Tepper forged documents related to the export of potatoes from Quebec and Prince Edward Island.

Tepper was arrested in Lebanon when he travelled to the Middle East on an agricultural trade mission to promote seed potatoes from Atlantic Canada.

THE CANADIAN PRESS

Political inaction?

A number of public appeals and meetings were held to push for Tepper's return.

- **Legal limbo.** Diane Ablonczy, Canada's minister of state of foreign affairs, issued a statement saying the federal government has been working behind the scenes to get Tepper released.
- **Not enough.** Tepper's family and Liberal politicians have criticized Ottawa's efforts to have him returned to Canada, accusing the feds of not doing enough.

Health and safety

Feds looking to bury nuclear waste

The federal government is eyeing the site of the Chalk River nuclear reactor, 160 kilometres northwest of Ottawa, as a radioactive waste site.

Atomic Energy of Canada Ltd. says 267,000 cubic metres of low- and medium-grade nuclear waste is now stored above-ground in steel containers at the Chalk River site. The amount of radioactive material is expected to grow to 360,000 cubic metres by 2100. That's enough debris to fill 106 Olympic swimming pools now, and 144 by the end of the century.

THE CANADIAN PRESS

Coffee-crazed

Drive-thrus cause traffic jams?

Canadians lining up in their cars for a Tim Hortons fix are causing traffic snarls and headaches in cities across the country.

The problem has become so bad in Saskatoon that one city councillor has proposed a ban on all future drive-thrus.

City transportation manager Angela Gardiner said the dilemma was brought up at a national transportation engineering conference last year. Traffic numbers for Tim Hortons drive-thrus greatly exceed the average for other fast-food outlets in Canada. THE CANADIAN PRESS

Wisconsin primary.
Romney win would all but end the GOP race

A Mitt Romney victory in the Wisconsin Republican primary Tuesday could all but end the party battle to pick a challenger to U.S. President Barack Obama.

The former Massachusetts governor, who as CEO of a private equity firm amassed a fortune worth an estimated quarter of a billion dollars, is predicting success in the upper Midwestern state. He is now shifting his campaign attacks almost solely to Obama and away from fellow Republicans.

Obama was originally vulnerable in his bid for a second White House term because of the ravages left behind by the Great Recession and the near-national financial meltdown just before he took office. But the president has seen his prospects improve as a result of the Republican nomination fight and signs the economy is in a sustained recovery.

Even as Romney looks ever more likely to win the nomination, chief rival Rick Santorum said he would not give up.

Santorum said that Romney is the wrong candidate to challenge Obama because of his support for a health-care plan in Massachusetts that was the basis for Obama's health-care overhaul that Republicans vow to overturn.

THE ASSOCIATED PRESS

Scenario

Wisconsin Republican primary Tuesday:

- A Romney win is likely but chief rival Rick Santorum refuses to quit.
- The Wisconsin vote will be Santorum's last chance to prove his strength in the U.S. heartland, where he's said he can challenge Obama — but where Romney has beaten him consistently.
- Santorum says he will drop out should Romney accumulate the 1,144 delegates needed before the convention.

Palm Sunday procession in Austria

A boy carries traditionally decorated catkin twigs during a Palm Sunday procession in the Austrian province of Salzburg Sunday. Palm Sunday opens Holy Week, which ends with Easter Sunday, the most important Christian holiday. KERSTIN JOENSSON/THE ASSOCIATED PRESS

Watch what you say

In Britain, big brother wants to know

Every email to your child. Every status update for your friends. Every message to your mistress.

The U.K. government is preparing proposals for a nationwide electronic surveillance network that could potentially keep track of every message sent by any Brit to anyone at any time. That word from an industry official briefed on the government's moves.

Plans for a massive government database of the country's phone and email traffic were abandoned in 2008 following a public outcry. But James Blessing of the Internet Service Providers' Association said the government appears to be "reintroducing it on a slightly different format."

Blessing said the move was disclosed to his association by Britain's Home Office during a meeting in recent weeks.

Britain's Home Office declined comment.

THE ASSOCIATED PRESS

Aung San Suu Kyi wins seat in Myanmar's parliament

Election. Supporters celebrate as iconic democracy campaigner wins political office

She struggled for a free Myanmar for a quarter-century, much of it spent locked away under house arrest. Now, the Nobel Peace Prize laureate whose nonviolent campaign for democracy at home transformed her into a global icon is on the verge of ascending to public office for the first time.

Aung San Suu Kyi, 66, was elected to parliament Sunday in a historic victory buffeted by the jubilant cheers of supporters who hope her triumph will mark a major turning point in a nation still emerging from a ruthless era of military rule.

If confirmed, the election win will also mark an astonishing reversal of fortune for a woman who became one of the world's most prominent prisoners of conscience.

When she was finally released in late 2010, just after a vote her party boycotted that was deemed neither free nor fair, few could have imagined she would make the leap from democracy advocate to elected official in less than 17 months, opening the way for a potential presidential run in 2015.

The results must be confirmed by the government's electoral commission, however, which may not make an official declaration for days.

U.S. Secretary of State Hillary Rodham Clinton congratulated Myanmar for holding the poll.

THE ASSOCIATED PRESS

Analysis

Rapid reforms

Myanmar has changed dramatically over the past two years. The ruling junta finally ceded power last year, and although many of its leaders merely swapped their military uniforms for civilian suits, they went on to stun even their staunchest critics by releasing political prisoners, signing ceasefires with rebels, relaxing press censorship and opening a direct dialogue with Suu Kyi — whom they tried to silence for decades.

Aung San Suu Kyi's supporters in Yangon, Myanmar, erupt in euphoric cheers Sunday after learning she had won a parliamentary seat in a landmark election. ALTAF QADRI/THE ASSOCIATED PRESS

70 countries pledge cash for Syrian rebels

A Syrian boy flashes the V-victory sign during a demonstration in Idlib, Syria. THE ASSOCIATED PRESS

A coalition of at least 70 countries pledged several million dollars a month Sunday and communications equipment for Syrian rebels and opposition activists, signalling deeper involvement in the conflict amid a growing belief that diplomacy and sanctions alone can't end the regime's repression.

The shift by the U.S. and its Western and Arab allies toward seeking to sway the military balance in Syria, where heavily armed regime forces outmatch rebels, carries regional risks because the crisis there increasingly resembles a proxy conflict that could exacerbate sectarian tensions.

It comes after a year of failed diplomacy that seems close to running its course with a troubled peace plan led by UN-Arab League envoy Kofi Annan.

Indeed, U.S. Secretary of State Hillary Rodham Clinton and other participants in a meeting on Syria, held in Istanbul, uniformly expressed concern that Annan's plan might backfire, speculating that President Bashar Assad would try to manipulate it so as to prolong his hold on power.

Clinton said she was waiting for Annan's report to the UN Security Council on Monday on the status of his peace plan.

"If Assad continues as he has, to fail to end the violence ... then it's unlikely he is going to ever agree," she said.

Clinton said Assad may want to wait and see if his forces can completely crush the opposition.

"I think he would be mistaken to believe that," she said. "My reading is that the opposition is gaining in intensity, not losing."

THE ASSOCIATED PRESS

Pot of gold

Conference participants in Istanbul said Saudi Arabia and other Gulf countries are creating a fund to pay members of the rebel Free Syrian Army and soldiers who defect from the regime and join opposition ranks. One delegate described the fund as a "pot of gold" to undermine Assad's army.

Mali

Rebels seize Timbuktu

The junior officer who overthrew Mali's democratically elected leader earlier this month and dissolved the nation's constitution made a U-turn Sunday, declaring amid enormous international pressure that he was reinstating the 1992 constitution and planning to hold elections. Capt. Amadou Haya Sanogo added that a national convention would be held to organize elections, but he failed to announce a timeline for the plans.

Sanogo's announcement came as Tuareg rebels penetrated and seized control of the ancient northern city of Timbuktu, a move that deepens the crisis in the West African nation.

THE ASSOCIATED PRESS

Coup leader Capt. Amadou Haya Sanogo
REBECCA BLACKWELL/THE ASSOCIATED PRESS

Ice fishing

675 rescued from Russian ice floe

Russia's emergency services rescued 675 fishermen on Sunday from an ice floe that was drifting out to sea in the far east of the country.

None of the rescued ice fishermen required medical treatment, the emergency services on Sakhalin Island said. About half of the 675 fishermen were picked up by helicopters and the others by boat.

The emergency services said it received a report at midday Sunday that an ice floe was drifting into the Sea of Okhotsk with hundreds of fishermen on it. More than six hours later, all had been rescued.

Ice fishermen routinely get stranded on ice floes in Russia, especially in the spring as the temperatures rise. Sunday's operation was unusual only in the high number that had to be rescued.

One of the rescued fishermen, Vladimir Vasilenko, said they should have known better than to go out on such a day. "Of course the wind was blowing from the shore. We should have thought that something could happen, but people were going and we went as well."

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Japan. Country could face another devastating tsunami, experts say

Much of Japan's Pacific coast could be inundated by a tsunami more than 34 metres high if a powerful earthquake hits offshore, according to revised estimates by a government panel.

The panel of experts says any tsunami unleashed by a magnitude-9.0 earthquake in the Nankai trough, which runs east of Japan's main island of Honshu to the southern island of Kyushu, could top 34 metres at its highest.

An earlier forecast in 2003 put the potential maximum height of such a tsunami at less than 20 metres.

The revised tsunami projections, contained in a report released Saturday and posted on a government website, are based on new research following last March's magnitude-9.0 earthquake and tsunami, which devastated a long stretch of Japan's northeastern coast and killed about 19,000 people.

Last year's catastrophe and the ensuing crisis at the Fukushima Dai-ichi nuclear power plant, prompted sweeping reviews of Japan's disaster preparedness and criticism over apparent failures to take into account potential risks.

The tsunami knocked out power at the 40-year-old coastal nuclear plant, leading to the worst nuclear disaster since Chornobyl in 1986. Tens of thousands of residents have had to leave the area, and it's unclear whether some will ever be able to move back.

The Fukushima plant was designed to withstand a six-metre tsunami, less than half the height of the surge that hit it on March 11 of last year.

The latest forecast shows a tsunami of up to 21 metres could strike near the Hamaoka nuclear plant.

By the numbers

14

Last March's magnitude-9.0 earthquake spawned a 14-metre wave that devastated most of Japan's northeastern coast and triggered meltdowns at a nuclear power plant.

Austrian election. Posters removed after deemed inappropriate

Austria's far-right party is apologizing for its election campaign posters that equate Moroccans with "thieves," and says it is getting rid of them.

The slogan "Heimatliebe statt Marokkaner-Diebe", which is written on the Freedom Party placards for local elections in Innsbruck translates as "Love of your home country instead of Moroccan thieves."

The move comes after Morocco's government threatened legal action, and Austrian state prosecutors said they were considering criminal charges.

August Penz, head of the party's Innsbruck chapter, said Sunday all 33 posters have either been covered or removed, and all will be taken down by midweek.

He says in a statement he "never had the intention to insult anyone," and apologizes for the "content and formulation" of the posters.

THE ASSOCIATED PRESS

An aerial view from a camera mounted on a drone flying over Cesar Chavez Park in Berkeley, Calif. MARK HARRISON/THE ASSOCIATED PRESS

Drone subculture taking flight

San Francisco. The mini-aircraft can fly to specified GPS co-ordinates and altitudes without help from a pilot

Sharp-eyed dog walkers along the San Francisco Bay waterfront may have spotted a strange-looking plane zipping overhead recently, one that looked strikingly like the U.S. stealth drone captured by Iran in December.

A few key differences: the flying wing seen over Berkeley is a fraction of the size of the CIA's waylaid aircraft. And it's made of plastic foam. But in some ways it's just like a real spy plane.

The four-and-a-half-foot-wide aircraft, built by software engineers Mark Harrison and Andreas Oesterer in their spare time, can fly itself to specified GPS co-ordinates and altitudes without any help from a pilot on the ground. A tiny video camera mounted on the front can send a live video feed to a set of goggles for the drone's view of the world below.

"It's just like flying without all the trouble of having to be up in the air," Harrison said.

Thousands of hobbyists are taking part in what has become a global do-it-yourself drone subculture, a pastime that's thriving as the Federal Aviation Administration seeks to make the skies friendlier to unmanned aircraft of all sizes.

The use of drones in the U.S. by law enforcement and other government agencies has privacy advocates on edge. At the same time, some DIY drone flyers believe the ease of sending cheap pilotless planes and choppers airborne gives citizens a powerful tool for keeping public servants on the ground honest.

Drones are the signature weapon of U.S. wars in the 21st century. Just as Humvees became a presence on U.S. highways in the 1990s after the first war with Iraq, interest in non-military uses of drones from policing to farming is rising.

THE ASSOCIATED PRESS

Quotable

"Our concern is with all of the drones. I think they all pose different levels of privacy risk"

Jennifer Lynch, a staff attorney with the Electronic Frontier Foundation, who has sued the FAA for a list of the 300 waivers it has issued to allow drone use in the U.S.

Flying high

Going beyond recreation

- **"Occucopter."** In the San Francisco Bay area, Occupy Wall Street activists built the so-called Occucopter, designed to monitor police action against protesters from the sky.
- **Fish counting.** In Idaho, wildlife biologists started using a drone for counting fish nets after a helicopter crash killed two colleagues and a pilot.
- **Orchards.** Researchers are developing techniques to use drones equipped with infrared sensors to detect patches of dry ground in orchards.

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Stricken cruise ship safely reaches Malaysian port

Day of drama. Dozens of Canadians were among the passengers on board fire-damaged luxury liner

Passengers of a fire-damaged luxury cruise ship, dozens of Canadians among them, lauded the captain and crew Monday for maintaining order and bringing them safely ashore in Malaysia after 24 hours adrift in Philippine waters.

The Azamara Quest was stranded off the southern Philippines with 1,000 people aboard after flames engulfed one of its engine rooms Friday, injuring five crew members. It restored propulsion the next night and reached the harbour of Sandakan city in Malaysia's eastern state of Sabah on Borneo island late Sunday.

More than two hours after the ship docked, buses took passengers — many smiling despite looking tired — to hotels at around midnight. Malaysian police and consular officials from countries including the U.S., Britain and Canada were also present.

"The captain was phenomenal," Dorothy Irvine, a retired school principal from Toronto, told reporters at a Sandakan hotel.

The fire, which was immediately extinguished, knocked out air conditioning on the ship. Passenger Diane Becker Krasnick of St. Thomas, U.S. Virgin Islands, said conditions were very hot.

"It was unfortunate, but the crew was totally, utterly amazing, taking care of us, making sure we were safe, pulling double duty, made sure that we got everything that we needed," said Krasnick, who was celebrating her 40th wedding anniversary with her husband, Mark. THE ASSOCIATED PRESS

Passengers from the stricken cruise ship Azamara Quest queue to check in at a hotel in Sandakan, Malaysia, on Monday. MARK BAKER/THE ASSOCIATED PRESS

Swan parade draws swarms of soaked spectators

A herd of swans and Chinese geese makes their way from their winter home to the Avon River during the annual Swan Parade in Stratford, Ont., on Sunday. Thousands of spectators lined the route in the rain to see the spring ritual. DAVE CHIDLEY/THE CANADIAN PRESS

Closing window. Nuclear talks with Iran set for later this month, says Clinton

U.S. Secretary of State Hillary Rodham Clinton made it clear Saturday that time is running out for diplomacy over Iran's nuclear program and said talks aimed at preventing Tehran from acquiring a nuclear weapon would resume in mid-April.

With speculation over a possible U.S. or Israel military attack adding urgency to the next round of discussions in Istanbul set for April 13, Clinton said Iran's "window of opportunity" for a peaceful resolution "will not remain open forever."

She also expressed doubt about whether Iran has any intention of negotiating a solution that satisfies the U.S., Israel and other countries that believe Iran is trying to develop nuclear weapons. Tehran contends the program is solely for peaceful energy and research purposes.

"We're going in with one intention: To resolve the international community's concerns about Iran's nuclear program," Clinton told reporters after attending a security conference in Saudi Arabia.

THE ASSOCIATED PRESS

Pre-emptive action

"Our policy is one of prevention, not containment. We are determined to prevent Iran from obtaining a nuclear weapon."

U.S. Secretary of State
Hillary Rodham Clinton

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Anti-tax protest

1M households in Ireland fail to pay property tax

Debt-mired Ireland is facing a revolt over its new property tax. The government says 1 million of the country's 1.6-million households have failed to pay the annual charge by Saturday's deadline. About 5,000 anti-tax protesters marched through central Dublin to the conference of the governing Fine Gael party. They denounced government leaders as snakes and dictators, and tried to block party members from entering or exiting the building. Prime Minister Enda Kenny says the public has a right to protest, but those who refuse to pay will end up paying more in penalties. THE ASSOCIATED PRESS

Market Minute

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(-0.08¢)

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OIL
$103.02 US (+0.24¢)

GOLD
$1,671.90 US (+$17.00)

Swiss investigation

German tax inspectors accused of 'espionage'

Swiss authorities have issued arrest warrants for three German tax inspectors over the purchase in 2010 of a CD containing data on suspected tax cheats, according to a German newspaper — infuriating a German state governor. The Bild am Sonntag newspaper reported Saturday that the Swiss accused the officials of "economic espionage" in a letter to authorities in the German state of North Rhine-Westphalia. It quoted state governor Hannelore Kraft as saying that the move was monstrous. "The tax inspectors were only doing their duty to chase German tax cheats," Kraft added. THE ASSOCIATED PRESS

High time to tax the rich fairly: Obama

Buffett Rule. Push for new taxation comes as millions of Americans prepare taxes for April filing deadline

U.S. President Barack Obama is calling on Congress to increase taxes on millionaires, reviving a proposal he first pitched last September that aims to draw sharp election-year lines between the president and the Republican opposition.

The plan, scheduled for a vote in the Democratic-controlled Senate on April 16, stands little chance of passing in Congress. But it is a prominent symbol of the efforts the president and congressional Democrats are making to portray themselves as champions of economic fairness. Republicans dismiss the idea as a political stunt with little real effect on the budget.

"We don't envy success in this country. We aspire to it," Obama said in his Saturday radio and Internet address. "But we also believe that anyone who does well for themselves should do their fair share in return, so that more people have the opportunity to get ahead - not just a few."

Obama calls the plan the "Buffett Rule" for Warren Buffett, the billionaire investor who has complained that rich people like him pay a smaller share of their income in federal taxes than middle-class taxpayers. Many wealthy taxpayers earn investment income, which is taxed at 15 per cent. Obama has proposed that people earning at least $1 million annually — whether in salary or investments — should pay at least 30 per cent of their income in taxes.

Tax rates

"Warren Buffett is paying a lower rate than his secretary. Meanwhile, over the last 30 years, the tax rates for middle-class families have barely budged."

U.S. President Barack Obama, on ending tax cuts for the wealthy

The push draws renewed attention to the effective tax rate of Republican presidential front-runner Mitt Romney, a millionaire who is paying 15.4 per cent in federal taxes for 2011 on income mostly derived from investments. By contrast, the top nominal rate for taxpayers with high incomes derived from wages, not investments, is 35 per cent.

The president encouraged listeners to pressure their members of Congress "to stop giving tax breaks to people who don't need them." THE ASSOCIATED PRESS

Revamped Burger King menu courts healthier eaters

A diner orders food at a Burger King restaurant in Miami. Burger King launches 10 menu items including smoothies, frappes, specialty salads and snack wraps Monday — its biggest menu expansion since the chain opened its doors in 1954. Burger King is the latest chain to revamp its menu as part of the fast-food industry's move away from its nearly single-minded courtship of young men. Once the lifeblood of the industry, the economic downturn hit those junk food fanatics particularly hard. At the same time, Americans generally have been demanding healthier options.

LUIS M. ALVAREZ/THE ASSOCIATED PRESS

Fuel-tanker strike? U.K. quells mad rush to pumps

Britain's government has moved to stop panic buying at gas pumps, telling motorists there is no need to fill up their tanks as previously stated. The new advice caps several days of confusion, which even supporters of the ruling Conservative Party say has dented its leadership credentials.

Things went wrong shortly after Britain's Unite union threatened to pull off a fuel-tanker strike that could still leave service stations drained of gasoline. Such strikes can have serious political consequences in Britain, where gasoline prices are already among the highest in Europe. Warnings went as far as Cabinet Office minister Francis Maude suggesting that drivers fill their jerry cans. THE ASSOCIATED PRESS

Market survival. A leaner, specialized future for RIM

Smaller, more efficient, sharply focused: that's likely the RIM of the future. Having grappled with the giants of the smartphone industry and received a battering in financial and marketing terms, Research In Motion will likely emerge a specialized company that doesn't compete head-on in the consumer smartphone market with Apple or Android devices, analysts said Friday. THE CANADIAN PRESS

In this Jan. 24 file photo, citrus entomologist Mamoudou Setamou holds an orange that is showing signs of citrus greening disease in a grove in San Juan, Texas. NATHAN LAMBRECHT/THE MONITOR/THE ASSOCIATED PRESS

Industry threat. Citrus greening disease spreads into California

A citrus disease that has killed millions of citrus trees and cost growers billions of dollars across Florida and Brazil has been detected in California, despite the industry's best efforts to keep it at bay.

After a week of testing, the U.S. Department of Agriculture confirmed Friday that citrus greening was detected in a lemon-grapefruit hybrid tree in a residential neighbourhood of Los Angeles County. Sales and shipments of citrus trees within a 8-kilometre radius of the tree were due to be suspended Saturday. The disease stands to threaten not only California's nearly $2-billion citrus industry, but treasured backyard trees throughout the state.

"Huanlongbing is called the world's worst disease of citrus," said Dr. Robert Leavitt of the California Department of Food and Agriculture.

The bacterial disease is carried by the Asian citrus psyllid and attacks a tree's vascular system, producing bitter fruit and eventually killing the tree. Sap-sucking psyllids that feed on an infected tree become carriers of the disease. State officials were working on a larger quarantine that would extend into northern Orange County. THE ASSOCIATED PRESS

WHY ARGUE OVER SAVING ENERGY?

URBAN COMPASS
Paul Sullivan
vancouver@metronews.ca

Earth Hour.

It's the world's largest environmental event.

One night every year, from 8:30-9:30 p.m. local time, they turn off the lights in more than 5,200 cities around the world to save energy and raise awareness about climate change.

It's a big deal. Icons across the planet go dark: the Eiffel Tower, the Empire State Building, the Sydney Opera House, the Tokyo Tower, Burj Khalifa, even Manhattan's Freedom Tower, which is being built to replace the Twin Towers downed on 9-11.

The Lion's Gate Bridge fits right in.

The bridge went dark Saturday night along with the legislative buildings in Victoria and various parts of 91 other communities across the province, for a total reduction in energy consumption of 1.67 per cent, which is not bad, considering that the Canucks were at home against the Calgary Flames (those Alberta energy-consumin' varmints) right in the middle of Earth Hour.

And if you love your planet, it's even more reassuring that another successful Earth Hour took place in B.C. despite a distinct cooling to the idea of global warming in Ottawa, where the Harper government has apparently decided it's a conspiracy imported by foreign agitators for any number of nefarious agendas.

Climate-change deniers are gloating because last week's federal budget ignored climate change. Referring to "the misleading language" in previous budgets, one group said "it is encouraging to see essentially no references to the mistaken concept that humanity's carbon dioxide emissions have a substantial influence on global climate."

In other words, let there be light. Lots of it. And while you're at it, jack up the heat. Whatever, it has no consequences.

Guess what?

Consider this: whatever side you're on in the great hot-air debate, you have to admit that saving energy is a good thing, and if we can reduce consumption by the equivalent of nine million 12.5-watt LED light bulbs in a single hour as we did Saturday night, it's a no-brainer.

I hesitate to wade into the debate about climate change. It's about as useful as arguing with creationists about evolution. Nevermind vast piles of evidence, people believe what they want to believe and only then do they go looking for evidence — to support their beliefs.

But consider this: whatever side you're on in the great hot-air debate, you have to admit that saving energy is a good thing, and if we can reduce consumption by the equivalent of nine million 12.5-watt LED light bulbs in a single hour as we did Saturday night, it's a no-brainer. Imagine if we could do that every hour of every day of the year.

Maybe even the price at the pumps will go down.

Well, that's probably a pipe dream. But at least the stars come out when you turn down the wattage. And in a place where it's cloudy at the best of times, that's a bonus.

A candle burns on the Stanley Park seawall during Earth Hour in Vancouver on Saturday. DARRYL DYCK/ THE CANADIAN PRESS

Global awareness looks bright

MARKUS SCHREIBER/THE ASSOCIATED PRESS

Earth Hour

150 countries dim the lights

Volunteers of the World Wide Fund for Nature set their own candles amongst about 5,000 others to picture the globe prior to Earth Hour in front of the Brandenburg Gate in Berlin on Saturday. Earth Hour takes place each year and is a global call to turn off lights for 60 minutes in a bid to highlight global climate change.

THE ASSOCIATED PRESS

Quoted

"We didn't really know how it would go when it first started, but each year we have more and more countries and cities and communities join on."

Zoe Caron, a spokeswoman for the World Wildlife Fund's Canadian operations

A song for action

- The new Earth Hour Anthem, When the Lights Go Down, was sung by crowds in Toronto to celebrate Earth Hour.
- The WWF calls it Canada's first ever crowd-sourced song. It was created from lyrics submitted and voted on by Canadians across the country.

National effort

511

The World Wildlife Fund Canada said 511 Canadian cities and towns participated in this year's event — the most ever.

Vancouverites, think about this: What if you could literally be stress-free?

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

We all come by stress quite freely each day.

Now Vancouverites can get rid of it for free too.

Think about it: many of us sit at desks all day, writing emails, answering phone calls, reading reports, preparing notes for meetings. Our mind, and body, are working in overdrive. Imagine the benefit of a one-of-a-kind meditation session offered by Marie Elisabeth Holm in Vancouver — at no cost.

Holm is offering the session to look at the impact it has on well-being and mindfulness, including better concentration, lower stress levels and increased creativity.

"Meditation is one path towards realizing what we want, reaching our goals and enjoying each moment. It can be done in a moment, in a breath, seated or in movement, and can be adapted to the schedule and wishes of each individual," says Holm. So why not break up your morning routine of coffee and meetings with a calming, restoring, well-deserved break? It gives new meaning to "stress-free."

CRAIG AND MARC KIELBURGER

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Feist still a Juno darling as she's named artist of the year

Awards. Feist, the Sheepdogs have an award-filled weekend in Ottawa with three wins each at the 2012 Juno Awards

JOE LOFARO
Metro in Ottawa

Singer-songwriter Dallas Green accepts his Juno for songwriter of the year on Sunday. FRED CHARTRAND/THE CANADIAN PRESS

Feist and Saskatchewan band the Sheepdogs came out on top at the 2012 Juno Awards by snatching three Junos each over the weekend.

After winning two each at a gala and awards dinner Saturday, they both won their third at the televised show held at Scotiabank Place in Ottawa on Sunday.

On Sunday, the Sheepdogs won single of the year for their hit I Don't Know. The Nova Scotia-born singer-songwriter Feist won artist of the year, sweeping aside City and Colour, deadmau5, Drake, and Michael Bublé. Nickelback kicked off the 41st Juno Awards show with a performance of This Means War. William Shatner hosted the show, opening it by telling the audience in Ottawa: "It's going to be a crazy night…not Vancouver crazy, let's keep the cars right-side up here."

Before the show started, some of the nominees graced the red carpet outside the arena in chilly temperatures.

Feist, Lights, MonkeyJunk, Dan Managan, Nickelback, and Hedley greeted shrieking fans.

Winners

Here is a partial list of some of the best acts in Canada — the 2012 Juno Award winners.

- **Juno fan choice.** Justin Bieber
- **Single of the year.** I don't know — The Sheepdogs
- **Album of the year.** Christmas — Michael Bublé
- **Artist of the year.** Feist
- **New artist of the year.** Dan Mangan
- **Songwriter of the year.** Dallas Green
- **Dance recording of the year.** Hello — Martin Solveig & Dragonette
- **Group of the year.** Arkells
- **New group of the year.** The Sheepdogs
- **Country album of the year.** Roots and Wings — Terri Clark
- **Pop album of the year.** Storms — Hedley
- **Rock album of the year.** Learn & Burn — The Sheepdogs
- **Alternative album of the year.** Oh Fortune — Dan Mangan
- **Rap recording of the year.** Take Care — Drake
- **Adult alternative album of the year.** Metals — Feist

Canadian stars shine at gala dinner

Electronic musician Lights was the first artist to perform at Saturday's non-televised Juno gala and awards dinner. SEAN KILPATRICK/THE CANADIAN PRESS

The Ottawa Convention Centre was transformed into a star-studded hub of Canada's greatest musical talent Saturday night as artists were handed the first batch of the 2012 Juno Awards.

The invite-only, non-televised Juno gala and awards dinner preceded Sunday's Juno Awards broadcast. Electronic musician Lights was first to perform at the event, playing Where The Fence Is Low, from her new album Siberia.

Jian Ghomeshi, host of the Q on CBC, hosted the gala and slipped in a few jokes on stage. He didn't shy away from dropping the F-bomb twice, either. Thirty-four awards were presented in rapid-fire succession with performances spread throughout the night by Oliver Jones, Lindi Ortega, Dan Mangan and MonkeyJunk.

Some winners from Saturday were: The Sheepdogs for new group of the year; Arkells for group of the year; Hedley's Storms for pop album of the year; and KENmode's Venerable for metal/hard music album of the year.

Feist won a Juno for adult alternative album of the year for her work onMetals. She and Chip Sutherland also won for music DVD of the year.

JOE LOFARO/METRO OTTAWA

2

SCENE

Box office

Fans still eating up Hunger Games

The Hunger Games is still the first item on the menu for movie fans. The blockbuster took in $61.1 million to remain the No. 1 film in its second weekend. Studio estimates Sunday put The Hunger Games well ahead of Sam Worthington's action sequel Wrath of the Titans, which opened in second place with $34.2 million. That's far below the $61.2 million opening of its predecessor, Clash of the Titans, two years ago. Julia Roberts' comic Snow White reinvention Mirror Mirror debuted at No. 3 with $19 million. Roberts plays the wicked queen opposite Lily Collins as Snow White.

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On the web

For more coverage of the Juno Awards and our exclusive interview with The Sheepdogs, visit metronews.ca/scene

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TODAY'S BEST MIX

Canuck Housewives: 'We're regular people'

Powerful women. The Real Housewives of Vancouver premieres Wednesday night on Slice

PHYLICIA TORREVILLAS
scene@metronews.ca

The Real Housewives of Vancouver cast: Ronnie Seterdahl Negus, left, Jody Claman, Christina Kiesel, Reiko MacKenzie and Mary Zilba.
DARRYL DYCK/THE CANADIAN PRESS

The Real Housewives of Vancouver promises a look into the charmed life of five Canuck ladies against the backdrop of mountain views. But the five stars say it's not all about the glitz and the glamour; they're normal people too.

Ronnie Seterdahl Negus, a mother of five, says despite having a more privileged life than most people, she makes sure that her children work to get what they want.

"I didn't come from money and my husband and I worked hard to get where we are," said Negus, who owns four houses in West Vancouver, a private jet and a Napa Valley vineyard.

"It has made us successful and I try to breed success into my children. I don't think that's by handing them every little thing." She has a nine-year-old daughter who has special needs, and she's donating all of her earnings from the show to the B.C. Centre for Ability.

"We may have more glamourous styles, but deep down inside we're just normal people like everybody else," she says.

Jody Claman, a self-made businesswoman and clothing store owner, wants to show women that they can be who they want to be. "I am survivor and not a victim," Claman says. "I want women to say it's OK to get a divorce or be a single mom. You don't have to rely on anyone except for yourself."

Reiko MacKenzie, who calls herself the "ninja girl" of the group, says you're bound to get conflict when you put five women with strong personalities in one room. "It's entering a lion's den almost," she says.

Christina Kiesel, the twice-divorced travel addict, says the show's not scripted and what you see is what you get. "People that know me know that I embellish a lot or say a lot of things tongue-in-cheek," Kiesel says of the comment she made about her two divorces being her primary source of income. "I like to get people talking and I'm not hurting anyone."

At the end of the day, Kiesel says she hopes people will join them for a roller-coaster ride. "I've put myself out there doing this show, but I hope everyone is entertained," she says.

Moms with aspirations

Single mom and former beauty queen Mary Zilba, whose son has tuberous sclerosis, hopes to raise awareness and funds about the disorder through the show.

- **Working for a living.** "I just hope that people realize that I'm human with small and big problems like everybody else. I'm just working for a living," says Zilba, who's also looking to re-ignite her singing career.

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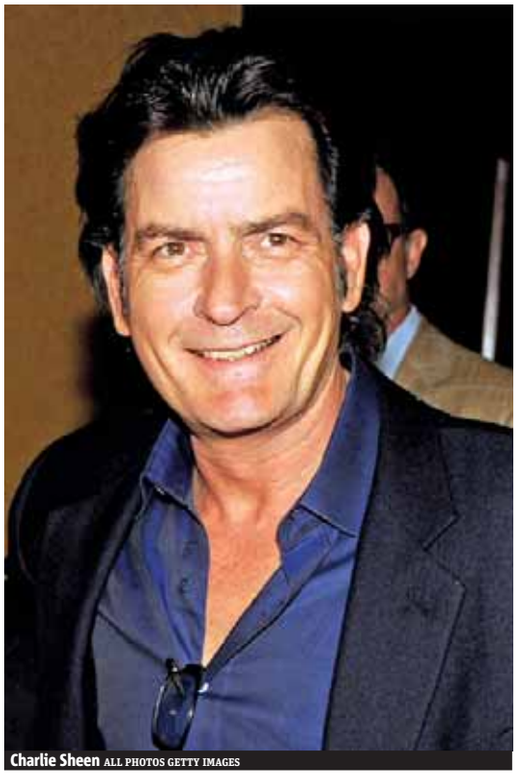


Charlie Sheen ALL PHOTOS GETTY IMAGES

Charlie Sheen: Oh, what a year

It's hard to believe, but it's been a full year since Charlie Sheen's very public meltdown and the words "tiger blood" were launched into the public lexicon. Now Sheen is embarking on something of an apology tour.

"I didn't recognize parts of who that guy was. I just wish it was somebody else's body. You say it's been a year — it's either been a day, or a hundred years," Sheen told Matt Lauer during an interview on the Today show last week.

"I guess the plan was to reintroduce myself to America and to the media and say, 'Sorry about that, but here's what's happening now.'"

Clearly, that didn't go as planned. Now Sheen is busy promoting a new TV show, FX's Anger Management.

"I couldn't have the Two and a Half Men thing be my television legacy," Sheen says.

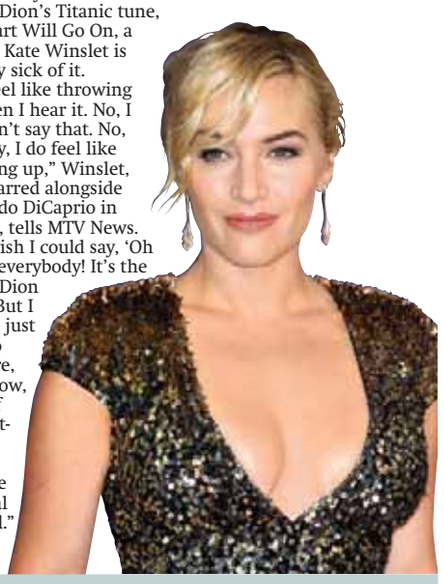
"I couldn't have that end on that note."

Winslet wants to barf

While many still consider Celine Dion's Titanic tune, My Heart Will Go On, a classic, Kate Winslet is literally sick of it.

"I feel like throwing up when I hear it. No, I shouldn't say that. No, actually, I do feel like throwing up," Winslet, who starred alongside Leonardo DiCaprio in Titanic, tells MTV News.

"I wish I could say, 'Oh listen, everybody! It's the Celine Dion song!' But I don't. I just have to sit there, you know, kind of straight-faced with a massive internal eye roll."



Gaga's tame birthday night

Lady Gaga

Lady Gaga had a not-so-wild celebration for her 26th birthday, treating her friends to some time at the gym before grabbing dinner with her parents, according to Us Weekly.

"Her friends filled the studio, and they had a blast," a source says of Gaga's visit to SoulCycle, an L.A. spin class studio.

"She requested (Bruce Springsteen's) Thunder Road because it's one of her favourite songs. And as for the location of the celebratory dinner: home.

"It was just a small thing with her family," says the source.

"Her mother cooked."

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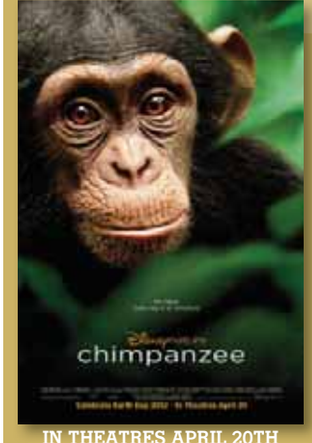
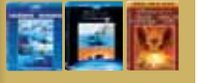


PLUS you could WIN a GRAND PRIZE of a private screening of CHIMPANZEE and a DISNEYNATURE blu-ray library.



IN THEATRES APRIL 20TH

DISNEYNATURE will donate portion of first week box office for CHIMPANZEE to the Jane Goodall Institute Canada through "SEE 'CHIMPANZEE,' SAVE CHIMPANZEES" program.

the Jane Goodall Institute of Canada

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Morning shows heat up this week

THE WORD
Dorothy Robinson
scene@metronews.ca

The Today Show is responding to the missile that ABC hurled last week — the announcement that anchorwoman Katie Couric is guest hosting Good Morning America — with a nuclear warhead of their own: The NBC morning show announced over the weekend that Tuesday's guest host will be none other than Sarah Palin (yes, that Sarah Palin. We thought it was an April Fools' joke, too).

To make things even more interesting, Oprah is stopping by CBS Morning News on Monday to see her BFF, host Gayle King.

According to a CBS press release, Oprah's coming to "discuss everything from the latest developments at OWN, her Leadership Academy, and life after her daytime talk show."

Katie Couric, Sarah Palin, Oprah: It's as though this week's morning news ratings war was created just to give the rival networks' late-night talk show hosts something to joke about.

Chores

Women re-do husband's chores

Hands up if you reload the dishwasher after your husband has done it. Well, you're not alone.

According to the Telegraph, most women deem it necessary to "do over" the chores their domestically-challenged spouses proudly tackle around the house. Nearly half of the women polled say they re-wipe countertops and a third of them remake beds. If you ask us if women want equality, they shouldn't be re-doing tasks that have been assigned to their husbands in the name of domestic bliss, even if they can't figure out how to properly hang the hand towels.

JULIE GREEN (A.K.A. MUMMY BUZZ), YUMMYMUMMYCLUB.CA

Polls show that most women do over their husband's chores. ISTOCK

App

Housework is fun with this app

What if you could turn household chores into a game? The HighScore House app turns mundane into fun by assigning points to chores.

Parents simply enter their children's daily chores and assign point values to each one. Kids can mark off all of their completed tasks and count up their points.

Once kids have enough points, they can redeem them for rewards — picking what they want for dinner (10 points) or staying up an extra 15 minutes (20 points). The rewards are defined by you.

The interface is fresh and funky, and definitely has a fun factor to it.

KRISTA SWANSON, YUMMYMUMMYCLUB.CA

Got baby-name remorse? You're not the only one

Names. Here are some ways of dealing with people's reactions to your child's name

CANDACE ALPER
yummymummyclub.ca

When choosing the perfect name, the resources are endless. Baby-name books and online baby-naming tools are plentiful (a search for baby name books at indigo.com yielded 478 choices, and at 995 amazon.com).

Then there is the desire to be different. Babies are also being given names that might have come from browsing a dictionary or map.

With choice can also come challenges. Some things we hear parents say are:

"I love the name I chose and so did the parents of the five other Sophies or Sophias in my daughter's class."

"My son's name is always mispronounced. So frustrating. I like the way it sounds when we say it."

"In an effort to give our son a traditional name with a twist, we changed the spelling and added a (silent) H. I'm tired of spelling it for people and I think he will be too. This is the one time in my life that I'm wishing I had listened to my mother."

Got regret? Here are some things that you can do:

Use your child's middle name or initials.

Choose a nickname that fits. Miley Cyrus was born "Destiny Hope" and was always called "Smiley" because she smiled so much. She shortened it to Miley. Voila.

How about a variation on the name? Alexandra could be Allie or Lexie; Jacob could be Coby or Jay.

Go with it! Remember why you chose it in the first place. YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

Pronunciation

It makes you cringe and scream inside when that lovely name is mispronounced. Learn how you and your child can deal with it.

- **Repeat it.** Use your child's name often so that the people around you hear it and catch on. "Maygan was up all night again," "Maygan will need a good nap today," etc.
- **Shorten it.** Be OK with a short form of the name that you know won't be mispronounced. For example, Alex can be a nickname for Alexandria or Alexandra.
- **Ignore it.** You saw it coming. You're ready for it. Help your child learn that his or her name might be said in different ways.

Giving your child a unique name can pose problems. ISTOCK

3 LIFE

Tax Breaks

Fitness and Art

Gymnastics, art, music, hockey, ballet. Did you know that some of your children's extracurricular activities can actually result in tax breaks for you?

With the Children's Arts Tax Credit or the Children's Fitness Tax Credit, parents can claim up to $150 per child per year for eligible art and fitness expenses paid for children under 16.

The organizations you're handing your kids off to will be able to tell you if they are eligible for the credit, and they'll determine the part of the fee that qualifies for the tax credit.

Don't forget to request a receipt for tax purposes.

SARAH DEVEAU, YUMMYMUMMYCLUB.CA

Support

Autism Awareness

Today is the fifth annual World Autism Awareness Day. People and organizations worldwide are raising awareness about autism by participating in 'light it up blue.' Show your support and put on something blue.

For more, visit autismspeaks.org.

DELIA MACPHERSON, METRO

On the Web

P.E.I. school kids play Fathers of Confederation, win national contest.

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Let the greens season begin with a tangy Greek Salad

This recipe serves four to six. THE CANADIAN PRESS

There is no doubt that the best Greek Salad is made with seasonal, local vegetables, but this classic Mediterranean starter also brightens up appetites ready for spring weather.

It's best, of course, teamed with a fine Greek extra virgin olive oil, good firm kalamata olives and tangy imported Greek feta.

1. Slice cucumber in half lengthwise and scoop out seeds. Cut cucumber into bite-size pieces.

2. In a large bowl, combine cucumber, green pepper, tomatoes, red onion and olives. Sprinkle with olive oil, oregano and salt and pepper to taste.

3. Add a splash of vinegar if salad needs a touch of acidity; it all depends on the flavour of the tomatoes.

4. Fold in chunks of feta. Serve on a bed of fresh crisp greens, if desired.

ALL THE BEST RECIPES BY JANE RODMELL (ROBERT ROSE INC.)/THE CANADIAN PRESS/ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, PLEASE VISIT EMILYRICHARDSCOOKS.CA.

Ingredients

- Half an English cucumber
- 1 green bell pepper, cut into chunky bite-sized pieces
- 2 ripe tomatoes, cut into chunky bite-sized pieces
- Half a small red onion, thinly sliced and separated into rings
- 125 ml (1/2 cup) pitted and sliced kalamata olives
- 45 ml (3 tbsp) extra virgin Greek olive oil
- 10 ml (2 tsp) dried oregano leaves, crumbled
- Kosher or sea salt
- Freshly ground black pepper
- 15 ml (1 tbsp) red wine vinegar (approx)
- 125 g (4 oz) feta cheese, broken into small chunks
- Fresh crisp greens (optional)

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit rosereisman.com

Many Chinese restaurants are known for their plentiful dishes that won't break the bank. But be careful what you reach for.

Pork Chop Suey with Noodles

1,341 calories, 81 g fat
In many Chinese restaurants, the quality of pork used in this dish is of a lesser quality, usually with excess fat.

Equivalent

One serving of Pork Chop Suey with Noodles is your total daily calories and fat. It is equal in calories to 10 loaded chicken wraps from Popeyes.

Chicken Chop Suey with Noodles

819 calories, 40 gm fat
Chances are boneless, skinless chicken breast is used in this dish, resulting in close to half the calories and fat.

The green way to get your run on

A simple change can speaks volumes. More and more companies creating eco-friendly running shoes

BEN KNIGHT
life@metronews.ca

Athletic shoes take a terrible pounding, from heat, cold, rain, snow — millions of hard, sharp impacts from the simple human acts of walking and running.

They need to be light, strong and incredibly durable. Is there any room for them to be eco-friendly, as well? Yes, says Jenine LaFayette, marketing manager for Brooks Canada. She's talking about a cutting-edge sneaker called Green Silence, which the company introduced in 2009.

"This shoe has a lot fewer parts. There's less material, so it can biodegrade faster," she explains. "The rubbers that are used are recycled. We also use bio-green adhesives and dyes. Our laces and reinforced webbing are all post-consumer recycled. We've looked at all the pieces of the shoe puzzle, and how we can make a difference in pulling the construction together."

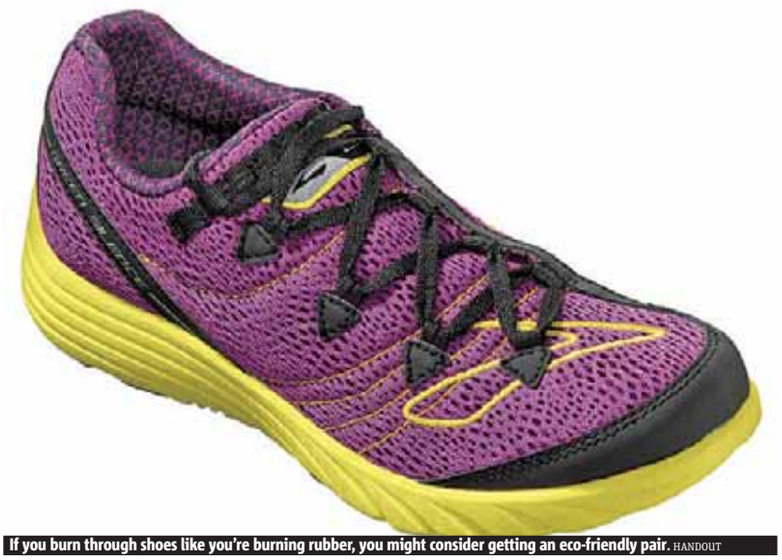
The key breakthrough is a material called BioMoGo. It's a funny name, but there's a serious purpose.

"BioMoGo midsoles biodegrade 50 times faster than the traditional midsole," LaFayette says.

"It's a shoe that's built to last. It has to be exposed to the right materials and conditions for it to biodegrade."

LaFayette laughs at the suggestion that some runners' lockers might actually simulate conditions within a landfill.

"BioMoGo material has got a compound that makes it delicious to the bugs within the landfill environment. So unless you've got those types of enzymes at the bottom of your locker — which hopefully you don't — it won't react the same way."



If you burn through shoes like you're burning rubber, you might consider getting an eco-friendly pair. HANDOUT

Brooks is far from being the only major shoe manufacturer doing this.

The Adidas line of Samba shoes features significant green components. Nike has even rebuilt and repositioned its popular Air Jordans to be environmentally friendly.

And the stakes are huge. Statistics Canada reports Canadians spent a staggering $1.6 billion on athletic footwear in 2010.

"Consumer response has been great," she notes.

"A lot of consumers are really looking for that green solution when it comes to footwear. As far as consumer performance, we just had someone win the 5K Around the Bay race in Hamilton, Ont., wearing Green Silence."

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There ain't no mountain high enough to keep them from gliding toward glory

Passion at its peak.
Two high-performance athletes provide hospitality in the hills

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

World Cup ski champion Thomas Grandi and Olympic silver medal winning cross country skier Sara Renner are raising their young family in Canmore, Alta. PROVIDED

Olympic medalist Sara Renner and World Cup champion Thomas Grandi may have retired from competitive skiing, but they didn't park their skis too far from the front door.

Sliding into the business world, they bought Paintbox Lodge in Canmore, Alta., and are now raising their young family amidst the glorious Rocky Mountains.

Moving from high performance athletics to business isn't that much of a stretch.

Most athletes do four-year business plans when getting ready for an Olympics and run their careers like a business. But Grandi admits there was one thing he had to learn.

"Patience. When you go out of the start gate any thing is possible and you could go from last to first. In business even though you have a happy customer they may not come back until next year."

But Grandi and Renner are still winning and business has doubled since last year.

"I'm hoping people will stay with us and take a walk along the river path." Sara says. "They will find their soul is quieted and they can be rejuvenated before going back to their busy lives."

That's top-of-the-podium advice from two high performance athletes turned business people.

Lesson learned

"Patience. When you go out of the start gate any thing is possible and you could go from last to first."

Thomas Grandi on what he has learned as a business owner.

Success

How to move mountains

- Setbacks are your best opportunity for future improvement.
- Get the most from your team and offer incentives that benefit everyone — like profit sharing.
- Have perspective in your working life and prioritize the things that mean a lot to you.
- Your business will have more chance of success if you are happy.
- If you are stumped, go for a run, walk, ski or do some yoga. Get the blood circulating to your brain and great thoughts will follow.
- The first person you have to convince that you can be a champion is yourself.

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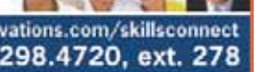

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HEALTHY CAT

SHARING YOUR HOME WITH A CAT MAKES LIFE PURR-FECT!

And, of course, you want to help your feline friend stay healthy and happy. Here's how.

VISIT THE VET

Regular visits to the vet are a must for checkups and cat care. Discuss annual shots and protection from fleas and other parasites as well as dental health. Your vet can make dietary recommendations too.

FEED HER PREMIUM CAT FOOD

Cats need a healthy diet, and it's important that their nutritional needs are met with food that is especially designed for cats. At the same time, kittens and cats have different requirements depending on their age and health status. Be sure fresh water is always available.

PROTECT YOUR CAT

Many owners make the decision to keep their cats indoors, and they provide an enclosed area outside where their cat can roam safely, enjoy the sun, and watch the birds. It's also important to cat-proof your home and to make the cat litter box easily accessible.

KEEP HER BUSY

Your cat needs to be active some of the time. Remember, cats can sleep for 18 hours out of 24 – and that makes them susceptible to weight gain as time goes by. Keep your cat entertained with toys that bring out his hunting and stalking instincts. Playtime with you is good bonding time too.

BE OBSERVANT

As all cat owners know, these feline creatures can be pretty independent. So it's important to be aware of any changes in appearance, eating habits, personal care habits and disposition. This is especially important as your cat gets older (about eight) when age-related illnesses often develop.

LOVE YOUR CAT

There's nothing like a little R&R with your cat purring in your lap!

SERVING UP A HEALTHY & DELICIOUS DIET

Ask your veterinarian about the IAMS range of premium canned and dry food for all the different stages of a cat's life – from the time they are kittens, through their adult and senior years, and for special dietary needs too. IAMS foods provide natural ingredients:

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*vs Iams Original or Iams Adult.
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TIPS TO PREVENT YOUR PET'S MESS

DO YOU LOVE YOUR PET, BUT HATE THE MESS?

For dog owners especially, cleaning up after their furry friends is a daily battle.

Dogs are more than happy to track mud and grass from the backyard to your floor or leave fur and dander to collect on your carpet and furniture. What's a loving pet owner to do? Dogs will be dogs, but there are ways to prevent some messes and clean up others more easily. Take a look at a few helpful tips for you and your pet:

• Place rubber or plastic mats in areas that messes are likely to occur, such as under food and water dishes.

• Keep a "pet cleaning kit" with paper towels, hand-held vacuum, old bath towels and cleaning solutions in a bucket where you can get to them quickly. The faster you get on a pet mess, the easier it is to clean, and the less likely it will be to leave a permanent stain.

• Pet hair and dander can trigger allergies for some people and are difficult to remove from carpet. A regular grooming schedule can help eliminate shedding hairs before they end up in the home. It also keeps pets clean, happy and comfortable.

• Installing a faucet in a mudroom or garage allows homeowners to clean off their pets before bringing them into the house. Take a look at a few ideas at deltafaucet.ca. Try using a pull-down kitchen faucet with a laundry tub to make bathing smaller pets — as well as the clean-up afterwards — a breeze.

• While training pets to keep off of furniture may be difficult, consistency is key. If pets are part of the family, they also have to learn to live comfortably with everyone else.

– News Canada

FIVE TIPS FOR A TRULY PET-FRIENDLY HOTEL STAY

Let's face it, the last thing you want to do when heading out on the road is leave the furry family members behind. With 150 locations in Canada, Comfort Inn hotels say they are no strangers to guests travelling with pets and offer the following tips to make your next stay at a pet-friendly hotel, truly pet-friendly:

1. CALL AHEAD to double check pet-policies and ask if a kennel is required to avoid any unpleasant surprises upon arrival.

2. PACK YOUR PET'S BED along with their favourite blanket or toy to help them feel at home in the unfamiliar space.

3. ASK ABOUT A PET NOTIFICATION DOOR HANGER at the front desk, or bring your own to be sure hotel staff and other guests are aware a four-legged guest is staying in your room.

4. KNOW YOUR PET'S WEIGHT
Some hotels have weight restrictions and you may be asked to provide this information at check-in.

5. IF YOU HAVE TO LEAVE YOUR PET ALONE in your room, turn on the radio or TV before leaving; the background noise and voices will be soothing.

If your pet suffers from separation anxiety, don't leave them alone. Noise complaints and damage fees could ruin an otherwise perfect vacation.

– News Canada

HEALTHY DOG

YOU LOVE YOUR DOG AND ONLY WANT THE BEST FOR HIM

Here's how to keep him happy and healthy.

VISIT THE VET

High-quality veterinary care is the key to your dog's overall health. Talk to your vet about recommended vaccines, protection from fleas and other parasites and any dietary concerns you have.

ONLY THE BEST FOOD

A healthy diet provides the nutrients and energy that your dog needs at every stage of life beginning with the high energy puppy months through to the less active senior years. What you feed your dog affects appearance (a dog's coat should always be shiny and free of flakes; and he should be a healthy weight) and disposition (he should have good energy and be content). Be sure fresh water is always available.

KEEP HIM ACTIVE

Just like people, dogs need regular exercise – in general, at least one to two hours every day. An under-exercised dog may start exhibiting unwanted behaviour such as chewing on furniture and carpets and separation anxiety.

TAKE CARE OF HIS TEETH

For healthy teeth, gums and breath, you can brush your dog's teeth, use oral rinses and feed them tartar-fighting dental treats. Your vet may recommend professional cleaning periodically too.

KEEP HIM GROOMED

Grooming needs are based on your dog's breed but in general an average short-haired dog should have a monthly nail trim, bath and brushing. Long-haired dogs should be brushed out daily.

LOVE

Dogs are like people really – they need food, water and love.

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IAMS produces several types of canned and dry dog food for all life stages of a pet's life – from puppyhood to their senior years (for example, as a dog gets older, he may need food that is easier to chew). For good health, IAMS uses natural ingredients including:

- High-quality protein from chicken or lamb for strong muscles
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- Omega-fatty acids for healthy skin and coat.
- Enriched with antioxidants to help maintain a strong immune system.

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Mature Adult 7 – 10
Senior Plus 11+
Iams Senior Plus for dogs 11 and older. With 2x the antioxidants,* it helps restore the immune response to that of a healthy adult dog and helps fight signs of aging.
*vs Iams Original or Iams Adult

TIME TO BRUSH FIDO AND MISS KITTY'S TEETH

"IF YOU WANT YOUR PET TO LIVE LONGER, YOU HAVE TO TAKE CARE OF ITS TEETH,"

says Dr. Loic Lengendre, West Coast Veterinary Dental Services, Vancouver. Their breath will smell sweeter too!

Healthy teeth and gums are part of an animal's well-being , says Dr. Troye McPherson, a spokesperson for Canadian Veterinary Medical Association and a veterinarian at the Full Circle Veterinary Alternatives clinic in Dartmouth, N.S. "It's important for them to have a comfortable-feeling mouth and to be able to chew food properly and swallow it. Also, dental disease can impact the heart, kidney, liver, lungs and bladder."

Just like in people, plaque can form under the gums, calcify to form tartar and cause inflamed gums (gingivitis). When periodontal disease develops, bacteria can easily enter the bloodstream and cause infection in the major organs in the body.

"If we see mild plaque during an examination, we recommend home care," says McPherson. If there are more serious problems, a professional dental cleaning will be recommended.

But regular home care is something that cat and dog owners should do from the time their pets first come home. "Use your finger and let the puppy or kitten get used to having it in its mouth," says McPherson. Then, progress to a cloth and a toothbrush.

"Daily brushing helps remove 60 to 65 percent plaque, and that's what we want to make a difference on periodontal disease," says Lengendre.

Certain chew toys as well as dental diet kibble can help too. The food is structured so it cleans the surface of the tooth. "There's usually an enzyme in the kibble that inhibits plaque from forming on the teeth," says McPherson. There are also products you add to water that help prevent and reduce plaque from sticking to teeth.

Talk to your vet about your pet's dental health.

–By Ylva Van Buuren

HOW TO BRUSH YOUR PET'S TEETH

Hold a pet toothbrush covered in pet toothpaste in one hand and with the other, hold the pet's mouth closed. Gently brush the outside of teeth in an up-and-down motion. Don't worry about the inside surfaces of teeth as little plaque builds there.

BY THE NUMBERS A dog has 42 permanent teeth while a cat has 28.

4

SPORTS

Quoted

"If I keep skating well and keep getting the same results that I had this season, I'm going to go into the Olympics with the same expectations.... Now I have a little taste of it and know how to deal with it."

Canada's Patrick Chan after winning gold on Saturday at the world figure skating championships in Nice, France. The fact the 21-year-old triumphed over competition he called the most difficult of his career is both a major victory and a huge lesson learned, he said, less than two years away from the 2014 Sochi Olympics

On the web

The Canadian women's hockey team is looking to reclaim gold-medal glory in Vermont this week at the world hockey championship after a heartbreaking overtime loss to the U.S. in last year's final in Zurich. The roster, named Sunday, includes 13 players from the 2010 Olympic team that defeated the Americans 2-0 for gold in Vancouver. Scan the code for the story

A different feeling for Howard in Switzerland

Curling. Canadian skip improves to 3-0 in front of low-key world championship crowds

Whether it's the rocking atmosphere of the Tim Hortons Brier or the relative serenity of the world men's curling championship, Canada skip Glenn Howard just keeps doing what he does best.

Winning — and doing it with remarkable consistency.

Howard picked up victories over Germany and the United States on Sunday to remain unbeaten at 3-0. The veteran Ontario skip lost only once en route to the national title last month and hasn't slowed down here in Switzerland in his pursuit of a fourth career world title.

The only differences have been the international opposition and the intensity of the crowds.

The Credit Union Centre in Saskatoon was a curling madhouse for the national championships. The St. Jakobshalle is like a library by comparison.

"It's sort of more like a club game," Howard said after his win in the morning draw. "You're out on the ice and you don't hear as much."

That's an understatement. It was so quiet during the morning game that banter between curlers could easily be heard from the stands.

The occasional cheer, the steady whirr of stones sliding down the ice and buzz from the brushers were essentially the only sounds in the rather cavernous 9,000-seat venue.

Official attendance figures weren't released but organizers estimated that 800 spectators were on hand in the morning. A manual head count revealed less than half that number.

Canada's Glenn Howard, right, and Germany's Felix Schulze watch a stone on Sunday in Basel, Switzerland. GEORGIOS KEFALAS/KEYSTONE/THE ASSOCIATED PRESS

Swiss interest

Curling is in fact quite popular in Switzerland. The country boasts 160 clubs and 8,000 registered curlers.

- Switzerland has also picked up some impressive victories. Patrick Hurlimann won men's gold at the 1998 Winter Olympics in Nagano and Mirjam Ott won the women's world title last month.
- Armin Harder, the head of high performance with the Swiss Curling Association, expects attendance to pick up through the week.

At the midway point of the draw, there were 65 spectators on one side and 158 fans on the other. A total of 77 fans took in the action from the grandstand and 34 fans sat at the VIP tables.

Add it up for a grand total of 334 spectators.

To be fair, only two of the four sheets were in action, the host side was idle and the picturesque city of Basel was bathed in spring sunshine.

But when a similar draw was played last month at the women's world championships in Lethbridge — a two-game draw with the host side idle — more than 1,900 fans took in the action.

"We played in Saskatoon and the crowd was absolutely crazy," Howard said. "Obviously not so much for us but it was really loud and it does get the adrenalin pumping."

After opening the competition with a win over France, Howard crushed Germany's John Jahr 9-2 in six ends before edging American Heath McCormick 8-7 in the evening game.

Howard hit a draw to the four-foot in the 10th end to win it.

"You just divorce yourself from the outcome, just throw a quality curling shot and good things will happen," Howard said. "I was pleased. We played really well that game."

THE CANADIAN PRESS

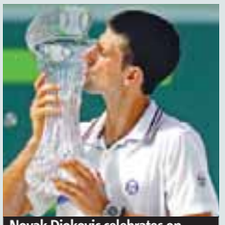
Quoted

"It gets you excited, you get goose bumps when people are cheering and it definitely kind of gets you in the game a little bit."

Canadian skip Glenn Howard, on the contrast in attendance between the world championships in Switzerland and last month's Brier in Saskatoon.

Tennis

Djokovic tops Murray to claim another title



Novak Djokovic celebrates on Sunday. MATTHEW STOCKMAN/GETTY IMAGES

Top-ranked Novak Djokovic won his third Sony Ericsson Open title Sunday, holding every service game to beat Andy Murray 6-1, 7-6 (5) in Key Biscayne, Fla.

Djokovic also won in 2007 and last year. Only six-time champion Andre Agassi won more men's titles.

Djokovic didn't lose a set in six rounds, and saved 25 of 30 break points against him. THE ASSOCIATED PRESS

WHL

Giants fall from playoffs with 4th straight loss

Mike Aviani is quickly emerging as another offensive option for the Spokane Chiefs as they push forward in post-season play.

The 18-year-old centre scored once and set up two more as the Chiefs eliminated the Vancouver Giants from the playoffs with a 3-1 win on Sunday.

Spokane, the fifth-seeded team in the Western Conference, won the best-of-seven first-round series 4-2. Cain Franson scored for the Giants, who managed just six goals in their four straight losses after scoring 14 goals in their two victories. THE CANADIAN PRESS

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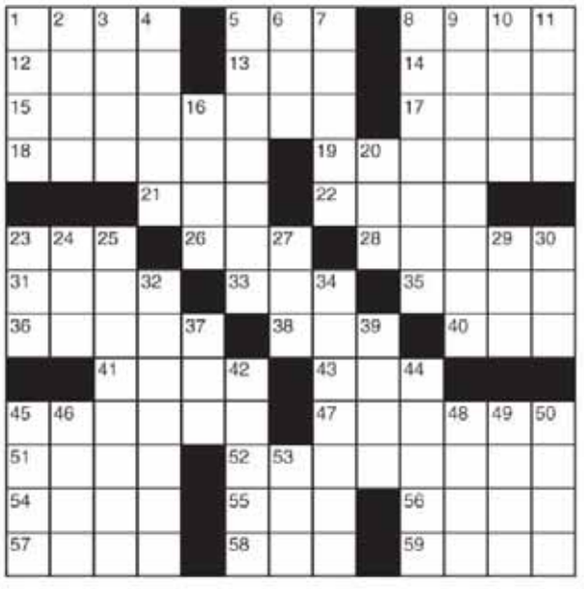
Crossword



Across

1 Air pollution
5 Shade provider
8 Mid-month date
12 Staffer
13 Grass-skirt accessory
14 Castle protector
15 Likely loser
17 Taj Mahal city
18 Rent payer
19 Much
21 Listener
22 Small combo
23 Mrs. O'Leary's troublemaker
26 Thickness
28 Coach Rockne
31 Quid pro quo
33 "Undeniably"
35 Birthright barterer
36 Prelude
38 Spigot
40 Blunder
41 Cornfield commentaries
43 Be a couch potato
45 For some time
47 Eagles' nests
51 Auction offers
52 Li'l Abner's hometown
54 Lotion additive
55 Before
56 Antitoxins
57 Pleads
58 Scarlet
59 Cockily confident

Down

1 Author Bellow
2 Greedy one's call
3 Probability
4 Gaggle members
5 On in years
6 Zodiac sign
7 Power
8 John Lennon
song
9 Place of disfavor
10 "My Name Is —"
11 Remain
16 Harvest
20 Annoy
23 Marg Helgenberger series
24 "My — Private Idaho"
25 Guardian
27 Nevertheless
29 Pitch
30 A cont.
32 Lauds
34 Attacked brutally
37 Pussycat's partner
39 Incubator noise
42 Passover dinner
44 Lawn
45 Quatrain rhyme scheme
46 — E. Coyote
48 Particular
49 Beige
50 Rug type
53 Raw rock

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Friday's answer

A	P	T		Y	O	L	K		K	O	O	K
L	E	E		A	C	A	I		A	R	I	A
P	L	A	N	K	T	O	N		R	E	L	Y
S	T	R	I	K	E		G	E	M			
			N	E	T		P	L	A	N	C	K
S	P	E	N	D		J	I	M		E	R	E
H	A	Z	Y		C	O	N		C	R	E	E
O	U	R		P	A	Y		P	R	O	W	L
P	L	A	N	E	T		S	H	E			
			U	P	S		N	E	S	T	L	E
U	S	E	R		P	L	A	N	T	A	I	N
R	O	E	S		A	E	R	O		L	A	V
N	U	K	E		W	I	L	L		C	R	Y

Sudoku

9				7	4	1		3
3	7						8	
				3	6		4	
	3					5		
			2		9			
		5					6	
	6		1	4				
	1						7	8
2		9	7	8				5

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer

9	4	5	8	6	1	2	3	7
3	2	8	7	5	9	1	6	4
7	1	6	3	2	4	8	9	5
1	6	9	4	7	2	5	8	3
4	3	2	5	9	8	6	7	1
5	8	7	1	3	6	9	4	2
8	5	1	9	4	3	7	2	6
6	9	3	2	1	7	4	5	8
2	7	4	6	8	5	3	1	9

Send a kiss

- **Sadiki.** I hope you get this message soon because i want everyone to know how much i love you and how i would be lost without you. You are my handsome prince. You understand me better than anyone and you challenge me each day to be a better person. We have been through so much together, but we have only become stronger. I know this year will be better. I love you more than anything with all my heart and soul. Your Cougarlizzy
- **Jonathan.** You've made falling in love with you easy, I look forward to continuing our story! Love, your Juliet xo
- You are stronger than you think. You have the power to make me weak. How do you do it? confused beshtiee!
- I did everything, expressed my feelings but in the end I feel like I didn't get anything accomplished. Through thick and thin I'm always there no matter how bad it is. I love you so much I know I told you a million times I really do. I'm just protecting you from all the stupidness that's around. I love you <3.. I'm Sorry.. sincerely, 625<3

Horoscope

Aries | March 21 - April 20. You don't have to make a big display of your emotions.

Taurus | April 21 - May 21. You must not allow other people, no matter how well meaning, to poke their noses into your affairs.

Gemini | May 22 - June 20. You may not have got as far with something as you would have liked over the past few weeks but the important thing is that you have made a start.

Cancer | June 21 - July 22. If you spend too much time weighing up the pros and cons of an offer today someone of a more instinctive nature could beat you to a prize that should have been yours.

Leo | July 23 - Aug. 22. A minor battle may hardly seem worth the effort today but it's good practice because soon you will have to fight for something a lot more important.

Virgo | Aug. 23 - Sept. 22. Don't dwell on the past today or you could miss out on a wonderful future.

Libra | Sept. 23 - Oct. 22. Your rivals and enemies are not as tough as they look.

Scorpio | Oct. 23 - Nov. 21. Don't let other people drag you down with their negative attitudes today.

Sagittarius | Nov. 22 - Dec. 21. According to the planets a friend or relative has something important to reveal, but they may be reluctant to bring up the subject. Be patient and encourage them to tell what they know.

Capricorn | Dec. 22 - Jan 20. You like a challenge but that is no reason to make life hard for yourself.

Aquarius | Jan. 21 - Feb 18. Don't concern yourself too much with what other people say or do today. Put on your smiley face and don't let anyone or anything get you down.

Pisces | Feb. 19 - March 20. A little bit of humour will go a long way today, especially if you have been too serious of late.

SALLY BROMPTON

Caption Contest

"Are you sure you don't want me to use a nail clipper?"
Erica

FRANK AUGSTEIN/THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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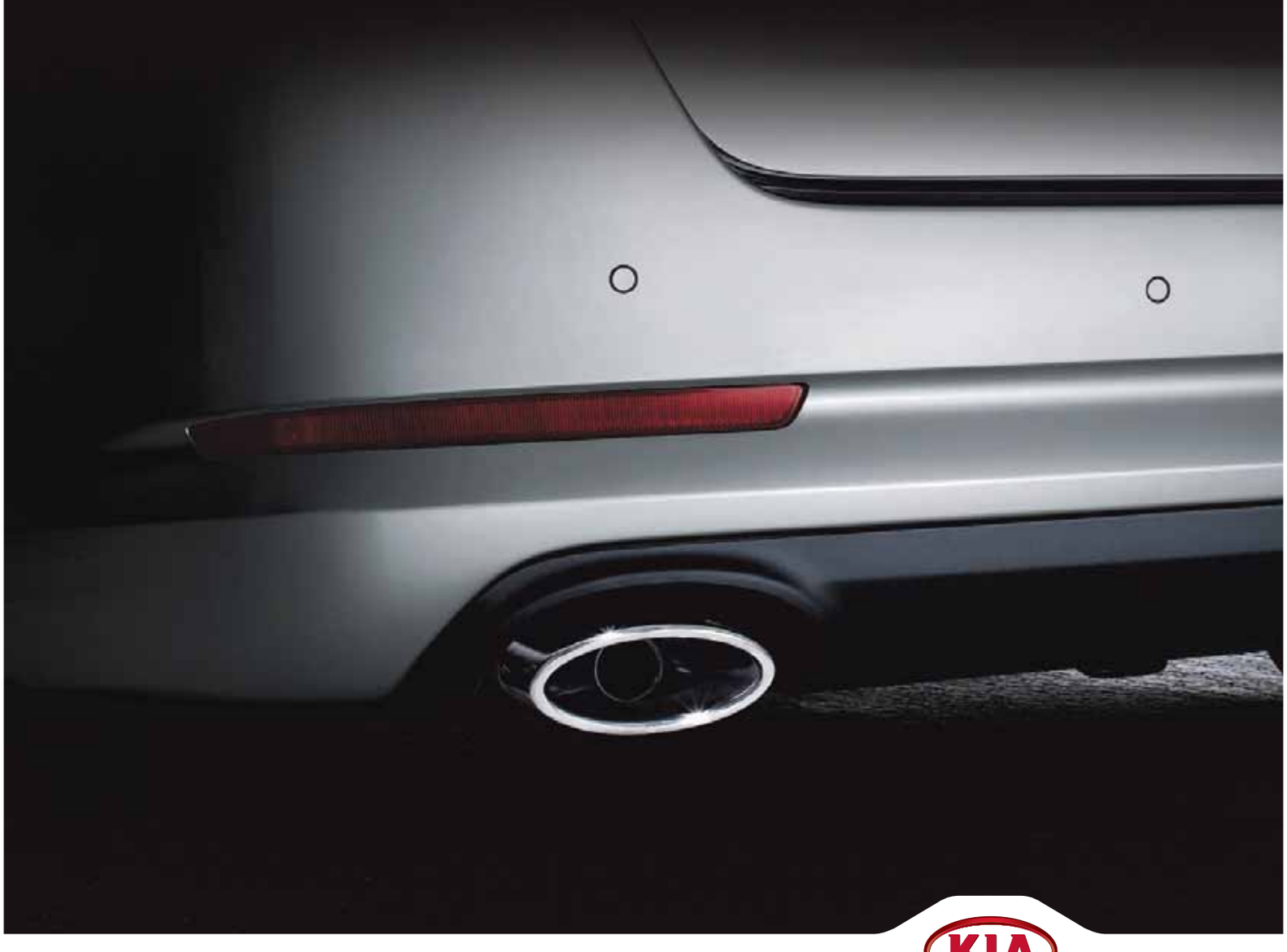

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